

## Daily Plan ~ Day 6

Friday, June 24, 2005

Day Coordinators:

Andrew Giles - Ironwood Outdoor Center

Clara Ruvolo - Palmyra Cove Nature Park

11 Miles ~ Paddling with the tides on the South Branch of the Rancocas Creek

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- 8:00 A.M.     **Breakfast** for campers at Palmyra Cove
- 8:30 A.M.     Caravan to Ironwood in own vehicles with private boats.
- 8:30 A.M.     **Registration** at Ironwood for people joining the Sojourn on Day 6.
- 9:00 A.M.     Camping Sojourners arrive at Ironwood Outdoor Center and unload personal boats.
- 9:30 A.M.     **Safety Talk**
- 9:45 A.M.     **Launch** from Ironwood Center and paddle the winding South Branch of the Rancocas Creek (5 ½ miles) downstream with the outgoing tide to Rancocas Woods. **Kristina Merola**, Naturalist from the Rancocas Nature Center, will accompany the group for the day to point out the interesting vegetation and wildlife we will see while paddling.
- Noon           **Lunch** at Flows Tavern in the village of Rancocas Woods.
- 12:15 P.M.   **Lunch Program:** During lunch a program will be presented on ***Project U.S.E.*** by Ironwood Outdoor Center and the New Jersey Audubon Society's Rancocas Nature Center. U.S.E. is short for Urban Suburban Environments, which is a 33 year-old program of "Adventure Education" that includes team building challenge and games.
- 1:00 P.M.     **Paddle** a short distance to the Rancocas State Park for **Project U.S.E. initiative games** - *Participation optional, Sojourners may sit and watch or join in.*
- 2:30 P.M.     Back on the water ~ Paddle back to Ironwood Center on the incoming tide (5 ½ miles).
- 4:30 P.M.     Arrive back at Ironwood. There is a **swimming pool** here and, if time allows, we will be able to take a quick dip. **Showers** are also available at Ironwood Outdoor Center.
- 5:30 P.M.     Load private boats and travel to Palmyra Cove for dinner and evening program.
- 6:30 P.M.     **Dinner** will be served to all of the Day 6 and arriving Day 7 Sojourners in the Palmyra Cove Environmental Discovery Center
- 7:00 P.M.     **Evening Program** - open to the public with refreshments afterwards ~ Jim Bintliff will tell the fascinating story of ***Baseball Mud***, which is one of the most unique natural resources of the Delaware River Watershed.
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Many thanks to today's Sojourn Partners:

Ironwood Outdoor Center; Palmyra Cove Nature Park; N.J. State Parks - Rancocas State Park; Rancocas Woods Water Treatment Facility; Flows Tavern; N.J. Audubon Society's Rancocas Nature Center; and Project U.S.E.

**Emergency Contact ~ Ironwood Outdoor Center - 609-518-9595**